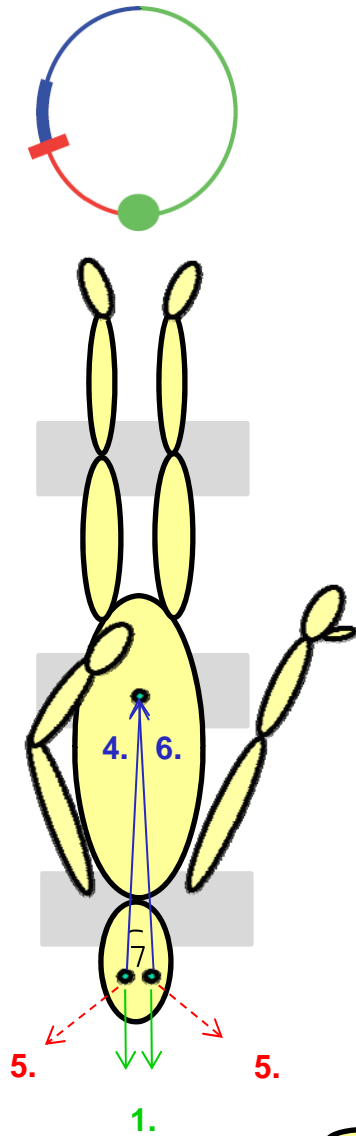


Lengthening-Exercises for small muscles of the neck



1. best when supine, hands on stomach or by the sides (see picture); also possible sitting on the piano bench /practice chair
look up/ straight behind you with a bit of effort for 3-5 seconds
do NOT move your head! while looking up
2. keep breathing normally
3. take a deep breath, then -
4. upon EXHALING look down to your belly button
=> chin is automatically being tucked in
=> muscles of the neck are lengthening
5. repeat two or three times, but now looking up into the CORNERS of the room
at first to the right => exhale to BB ; afterwards to the left => exhale to BB
=> oblique muscles are working now
6. upon EXHALING, always look down to the belly button

